PLEASING PICKY EATERS
FAMILY COOKBOOK AUTHORS SHARE 'FAST FOOD' RECIPES {page 15}

JOBLESS IN JULY?
YOUTH-CENTRIC ORGANIZATIONS CAN HELP {page 19}

BRINGING SEXY BACK
TIMBERLAKE, BIEL ON AGAIN?
{page 14}

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VANCOUVER metro®
Monday, July 11, 2011
www.metronews.ca
News worth sharing.

Summer. Sonic

▶ Zachary Gray of Vancouver duo The Zolas plays a set during the Summer Live festival at Brockton Point in Stanley Park on Saturday.

TERRIS SCHNEIDER/METRO

Indie acts tune in for Vancouver's 125th

Summer Live attracted around 75,000 attendees over the weekend, celebrating Vancouver's 125th anniversary. The Zolas were one of many fantastic acts to be featured — others included Mother Mother, Dan Mangan and Neko Case and the New Pornographers. **Story, page 4.**

City may soon take in more of your scraps

Proposed plan would introduce weekly compost and biweekly garbage collections

Vancouverites may be forced to become composting keeners if an expanded curbside-composting program rolls out city-wide in 2012.

The proposed plan, which will come before council Thursday, includes cutting back single-family property-garbage pickup to every two weeks and increasing compost collection to every week.

The $383,000 pilot program would accept all types of food scraps in composting bins, such as meat, eggs, bread and dairy. Previously, people could only add raw fruit and vegetable scraps to their yard-trimmings cart.

The test pilot will be done in the Sunset and Riley neighbourhoods during the fall. If successful, the program could be implemented across the city next year.

"It'll just be done in a way that allows us to turn it into value instead of treating it as though it were waste."
VISION COUN. ANDREA REIMER ON FOOD COMPOSTING

Vision Coun. Andrea Reimer said Vancouverites shouldn't be worried about garbage stench.

"You're moving (the food) part of the garbage that smells and attracts flies (to the compost) that will be picked up weekly," she said.

NPA city council candidate Mike Klassen said he supports the program but wants the city to get as much public input as possible.

PHYLICIA TORREVILLAS

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Vancouver Humane Society decries horse death

The Vancouver Humane Society is renewing its call for a suspension of the Calgary Stampede chuckwagon race after a horse died Friday, the first day of this year's Stampede.

"It is totally unacceptable to continue this event when horse after horse is dying just to entertain a crowd," said Humane Society spokesman Peter Fricker.

A Humane Society press release noted that four horses died in chuckwagon races last year, and that more than 50 have died since 1986.

Fricker suggested that the Stampede hidden its animal welfare record from William and Kate during their royal visit last week. DAVID PROCTOR

Rabbits found crushed

About 20 rabbits were found crushed to death at the Ears Sanctuary on Vancouver Island last month, CBC News reported. Owner Susan Vickery said she believed a lone attacker had climbed over fences and crushed the rabbits under his or her boots.

The facility has since beefed up security with an alarm system and infrared cameras. DAVID PROCTOR

RAFE ARNOTT/METRO FILE

▶ Thousands of spectators take in Vancouver's Pride Parade in 2008.

City needs to pitch in for Pride, official says

NPA council candidate believes city should pay some costs for Pride parade ◗ Only Celebration of Light and Grey Cup parade have civic status

MATT KIELTYKA
@METRONEWS.CA

The city should pay policing and sanitation costs for the Pride parade instead of the organizers, according to one council candidate.

Non Partisan Association (NPA) candidate Sean Bickerton publicly floated the idea of giving Vancouver's Pride parade, one of the biggest in North America, civic status yesterday.

That would mean the city picks up a tab of about $400,000 for the summer event, Bickerton estimates.

"There are a lot of challenges that Pride organizers face every year," Bickerton said. "As far as I'm concerned, it's the city's job to provide core services."

The city hall hopeful says the city already pays for costs associated with the Celebration of Light fireworks and Grey Cup parade.

The money can all be reallocated from existing funds, according to the party.

"(The Pride parade) is important to the city, so we just want to help them out," said Bickerton, adding that the annual gay-rights demonstration is a big tourism draw.

NPA mayoral candidate Suzanne Anton went a step further in her support for Bickerton's initiative.

She'd like to see the Chinese New Year and Vaisakhi parades also given civic status.

Vision Vancouver Coun. Tim Stevenson supports the idea in principle, but says it's not as simple as shuffling the city's events budget.

"These are big-ticket items. I'm not sure where the money would come from," he said. "It's something I would be very much in favour of, but we need to go to the drawing board."

The city spends approximately $500,000 for policing and sanitation costs for the Celebration of Light.

1 news

Losing a house just the beginning of debt nightmare for Spanish mortgage defaulters.

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Should a DUI conviction be enough to keep immigrants out of Canada? Guidy Mamann explores potential costs to our economy at metronews.ca/immigration

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Province rolls out red light cameras

Seventeen new intersection-safety cameras were installed and activated in Vancouver on Friday, following a spike in traffic deaths in the city.

The installations constitute the second phase of B.C.'s program, which will add 43 cameras in Vancouver and 140 throughout the province by the end of the year.

40% Forty per cent of police-attended collisions occur at intersections.

Premier Christy Clark said in a statement that "the cameras will make intersections safer by holding dangerous drivers accountable."

Police report that intersection collisions are often more serious because vehicles are moving at high speeds and hitting each other at right angles.

The cameras will be installed at some of Vancouver's busiest intersections, including Burrard at Davie, Hastings and Main, and East 1st at Commercial.

Thirteen people, including eight pedestrians, have died in traffic in the province this year, already exceeding last year's total of nine. DAVID PROCTER

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TERRIS SCHNEIDER/FOR METRO

▶ Thousands of people took in the Summer Live festival in Stanley Park yesterday.

Summer Live energizes weekend

- More than 75,000 attended the city's 125th anniversary celebration
- Beautiful weather brightened event

TERRIS SCHNEIDER
VANCOUVER@METRONEWS.CA

Vancouverites were in for a treat as Neko Case joined The New Pornographers on stage for a fantastic set during a clear, beautiful night in Stanley Park on Saturday.

This moment was one of many memorable events to take place during the Summer Live festival. The three-day event celebrated Vancouver's 125th anniversary.

Two festival volunteers, Bella Lu and Maggie Tanaprakob, felt a really good atmosphere.

Vasilia Wees, attended the event with her son and husband for the day, but wished she could have joined the festivities for the whole weekend.

"We got to ride our bikes along the seawall — it was magnificent," she said. "Now, we get to spend the day watching free entertainment. What more could you ask for?"

Wees was giddy about the Summer Live schedule, especially when she saw that Spirit of the West was playing yesterday.

The festival attracted thousands of people over the weekend, and featured musical acts such as Mother Mother, Daniel Wesley and the Vancouver Symphony Orchestra.

It also held family entertainment and sports activities including a youth volleyball tournament, mini-soccer and a sports day that included a classic three-legged race.

B.C. sputters on job creation in Canada

The Canadian work force is increasing, but British Columbia is lagging behind, according to new figures from Statistics Canada.

B.C.'s unemployment rate was the highest in Western Canada in June at 7.3 per cent — a significant margin above Alberta's figure of 5.6 per cent.

Additionally, StatsCan reported that the province lost a total of 11,800 full-time jobs between May and June. DAVID PROCTER

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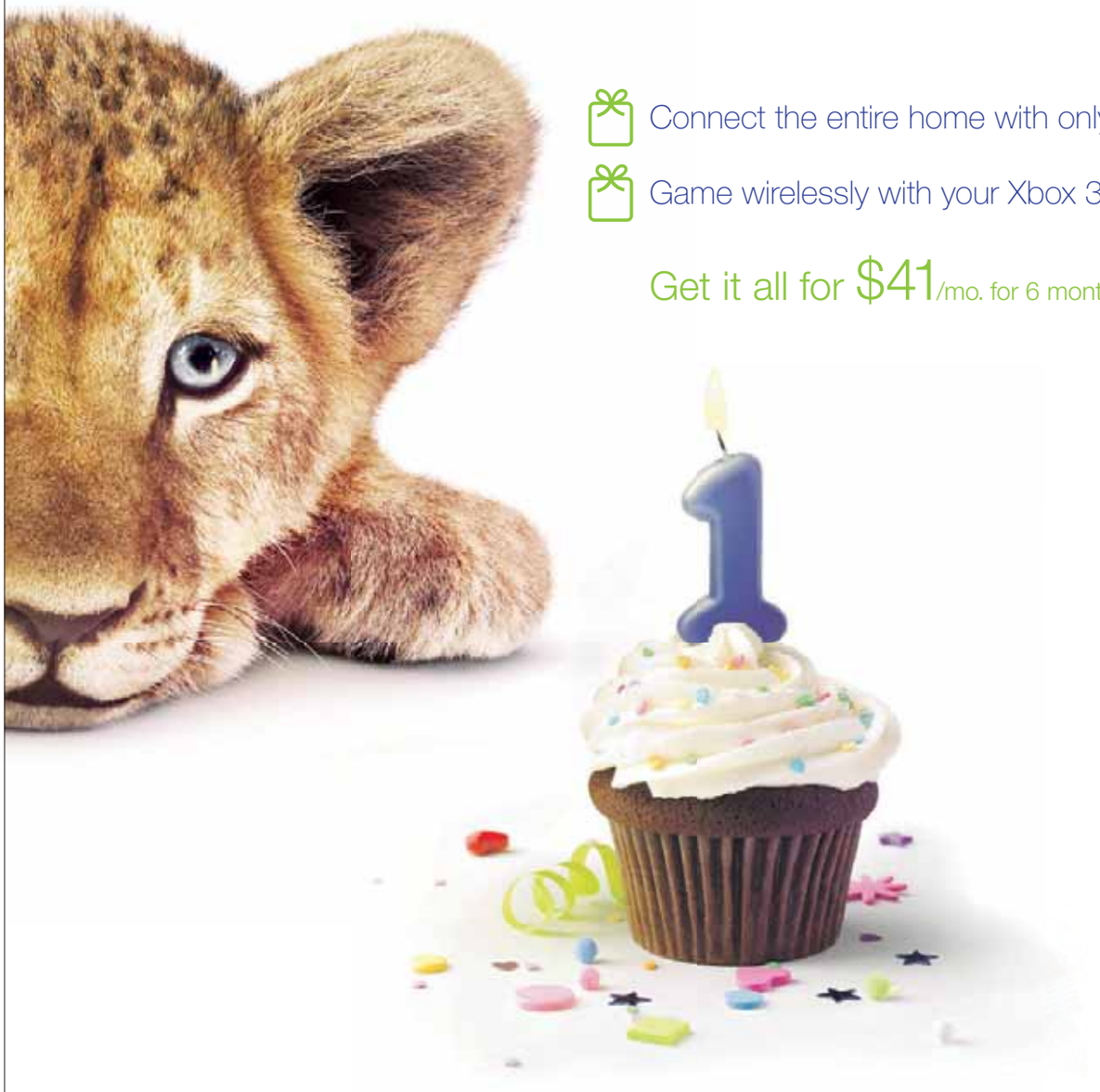

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Ambassador issues warning to new nation

PETE MULLER/THE ASSOCIATED PRESS

▶ South Sudanese gather to celebrate their first independence day in Juba on Saturday.

A day after the jubilation of South Sudan's independence proclamation, the U.S. ambassador to the UN warned yesterday of a "real risk" that the north-south peace process could unravel unless outstanding issues such as oil and border demarcations are quickly resolved.

Celebrations rang out Saturday in the South Sudan capital of Juba, the first day of independence after decades of civil war between Sudan's north and south. Some two million people died in the most recent war from 1983 to 2005.

THE ASSOCIATED PRESS

FINAL DOCKING

Historic linkup for NASA

In a flight full of emotion, Atlantis made the final docking in shuttle history yesterday, pulling up at the International Space Station with a year's worth of supplies.

The station's naval bell chimed a salute as Atlantis docked 386 kilometres above the Pacific. Atlantis is being retired after this flight, the last of the 30-year shuttle program.

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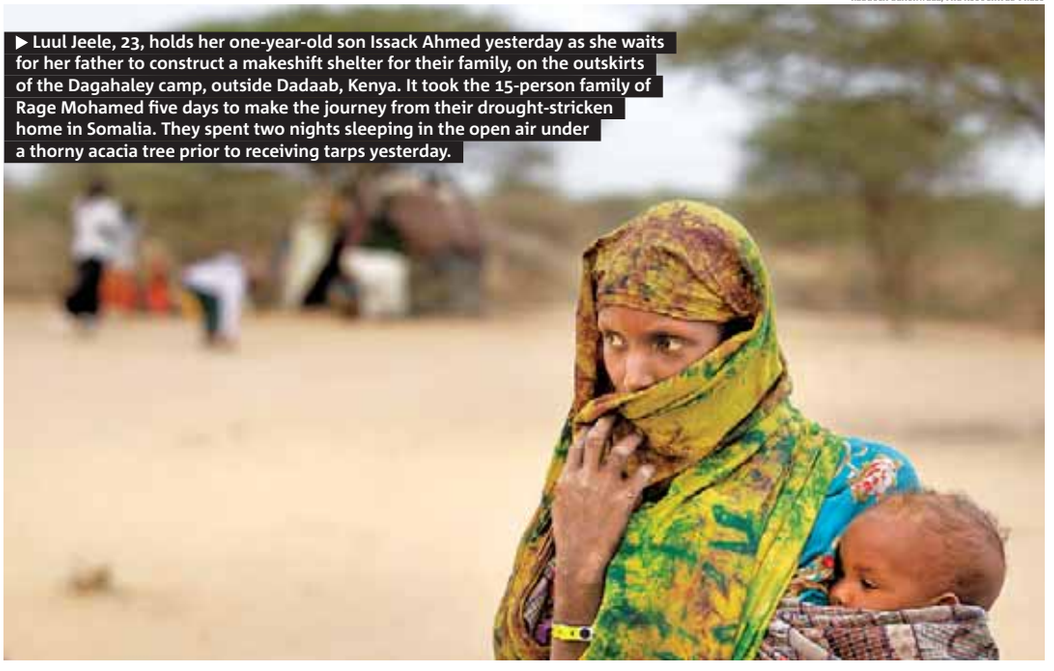
Plea for aid in 'worst humanitarian disaster'

Thousands of Somali families are fleeing their drought-stricken home country But refugee camps are full, lack adequate food and shelter

REBECCA BLACKWELL/THE ASSOCIATED PRESS



▶ Luul Jeele, 23, holds her one-year-old son Issack Ahmed yesterday as she waits for her father to construct a makeshift shelter for their family, on the outskirts of the Dagahaley camp, outside Dadaab, Kenya. It took the 15-person family of Rage Mohamed five days to make the journey from their drought-stricken home in Somalia. They spent two nights sleeping in the open air under a thorny acacia tree prior to receiving tarps yesterday.

The head of the UN refugee agency said yesterday that drought-ridden Somalia is the "worst humanitarian disaster" in the world after meeting with refugees who endured unspeakable hardship to reach the world's largest refugee camp.

The Kenyan camp, Dadaab, is overflowing with tens of thousands of newly arrived refugees forced into the camp by the parched landscape in the region where Somalia, Ethiopia and Kenya meet. The World Food Program estimates that 10 million people already need humanitarian aid. The UN Children's Fund estimates that more than 2 million children are malnourished and in need of lifesaving action.

Antonio Guterres, the head of UNHCR who visited Dadaab yesterday, appealed to the world to supply the "massive support" needed by thousands of refugees showing up at this camp every week. More than 380,000 refugees now live there.

In Dadaab, Guterres spoke with a Somali mother who lost three of her children during a 35-day walk to reach the camp. Guterres said Dadaab holds "the poorest of the poor and the most vulnerable of the vulnerable."

"Nothing can compare to what we have seen this month.... I believe Somalia represents the worst humanitarian disaster in the world."
ANTONIO GUTERRES, UNHCR HEAD

"I became a bit insane after I lost them," said the mother, Muslima Aden. "I lost them in different times on my way."

Guterres is on a tour of the region to highlight the dire need. On Thursday he was in the Ethiopian camp of Dollo Ado, a camp that is also overflowing.

"The mortality rates we are witnessing are three times the level of emergency ceilings," he said. "The level of malnutrition of the children coming in is 50 per cent. That is enough to explain why a very high level of mortality is inevitable," he said.

Dr. Dejene Kebede, a health officer for UNHCR, said there were 58 deaths in camps in one week alone in June.

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Paper expires but scandal will not die

Documents reportedly show News Corp. executives knew more about phone hacking than they let on

SANG TAN/THE ASSOCIATED PRESS

▶ Will the phone-hacking scandal sink the British government as well?

Rupert Murdoch touched down in London yesterday to take charge of his media empire's phone-hacking crisis as his News of the World published its last edition.

But the scrapping of the 168-year-old tabloid has not tempered British anger over improprieties by journalists working for Murdoch, and his $19-billion US deal to take full control of British Sky Broadcasting remains in jeopardy.

The drama has expanded at breakneck pace after allegations News of the World journalists paid police for information and hacked into the voicemails of young murder victims and the grieving families of dead soldiers. Three people have been arrested, including Conservative Prime Minister David Cameron's former communications chief.

The Guardian newspaper reported yesterday that emails and memos from 2007 only recently turned over to police show News International, the U.K. newspaper division of Murdoch's News Corp., was aware that phone hacking was more widespread than publicly acknowledged.

The scandal has the potential to bring down the government. Yesterday, Nick Clegg, leader of the Liberal Democrats, threatened to split the coalition by siding with Labour's plan to block Murdoch's takeover of BSkyB.

Closing down the News of the World is seen by some as a desperate attempt to stem negative fallout and thus to save Murdoch's bid.

THE ASSOCIATED PRESS

No deal yet on U.S. debt

U.S. congressional leaders must work out a debt deal within the next 10 days, President Barack Obama said yesterday as he convened a meeting with the eight top House and Senate leaders to fashion a deficit-reduction package. Obama is pushing for a massive $4-trillion deal for reducing the deficit, while Republicans prefer a smaller, $2-trillion plan.

THE ASSOCIATED PRESS

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THOUGHTS THAT MAY TAX YOUR BRAIN

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

Like everyone else in British Columbia, I was faced with a decision over the weekend: To vote yes or no on the HST.

So I did. Then, as if it were a radioactive isotope, I wrapped my vote in three separate envelopes and sent it off to Victoria, where I'm led to believe it will be part of the tally that either keeps or kills the HST.

Want to know how I voted? I'll bet you do.

But first, here's what I thought before I voted.

I thought I have never felt more insulted as a citizen than I did when, nine weeks after promising the HST was not on the government's radar, Premier Gordon Campbell got himself re-elected, then went ahead and implemented the tax anyway.

"I also thought that not one of us understands what the tax landscape will look like if the HST is voted down. Will the former PST exemptions apply? Or is this just a prelude to a costly wrangle ..."

I thought that instead of just charging my business clients five per cent, all of a sudden I was required to charge them 12 per cent, and, somehow, that was supposed to be good for all of us.

I then thought that the opponents of the HST have never made a successful argument in favour of restoring the old GST/PST system, especially after the government moved to soften the blow by promising to bring it down to 10 per cent by 2014.

I also thought that not one of us understands what the tax landscape will look like if the HST is voted down. Will the former PST exemptions apply? Or is this just a prelude to a costly wrangle that promises to drag on well into the 21st century?

I then thought that the most ridiculous thing I have ever seen is the NDP pretending to lead a revolt against paying taxes. Any party that really believes in a civil society and a social safety net also has to admit it supports progressive taxation; yet the NDP is playing politics and is pretending it has the same outlook as Bill Vander Zalm.

I remembered that in Ontario, the Canadian Auto Workers union is warning against an anti-HST revolt. Here in B.C., it's promoting one. Politics again.

I remembered that, although its leader has changed, the government in Victoria is the same one that imposed the HST in the first place, and why should I believe anything it says?

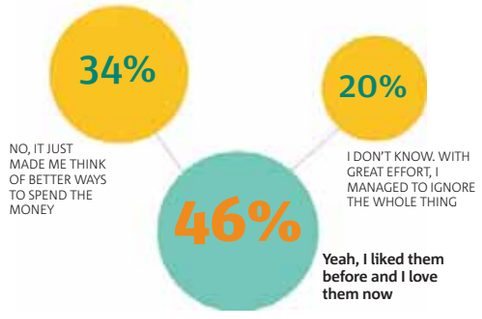
I thought what it comes down to is this: Either vote in favour of keeping a good tax dishonestly imposed, or vote for a dumb old tax we never had a real chance to kick to the curb.

Why, I finally thought, should I vote for a dumb old tax, no matter what?

So I didn't. I voted no.

Register at metropolitanpanel.ca and take the quick poll

Has the royal visit changed your opinion of the monarchy?


34%
NO, IT JUST MADE ME THINK OF BETTER WAYS TO SPEND THE MONEY
20%
I DON'T KNOW. WITH GREAT EFFORT, I MANAGED TO IGNORE THE WHOLE THING
46%
Yeah, I liked them before and I love them now

Local tweets

- **@post_haste:** Had out of town visitors for a week. Went everywhere, saw everything. Better apprectn now of how great it is live in #vancouver.
- **@RedRabbit6:** #Vancouver What a great sunny Sunday! Time to put the tunes on loud, get the windows and doors open and make some fun pictures! Awesomeness!
- **@VixenCoffee:** Just saw the Broadway singer for the first time in #Vancouver. I love being a local.
- **@Lyderhorn73:** MLS has done great with the expansions lately #Seattle #Portland #Toronto #Vancouver #soccer
- **@cyclevancity:** Enjoying touring past the music at Brockton Point all weekend for #Vancouver 125. Free music in the Park, does it get any better?
- **@judyh819:** suntannin in the rain. Only in #vancouver
- **@that_angela:** Wow. Congrats, #YVR. You really put on a show for @FiveHoleforFood. Would love to be there for next year and see live how you do it.

Worth mentioning

DVUR KRALOVE, Czech Republic. She's the last northern white rhinoceros on view anywhere in Europe — but zookeepers are hoping lonely Nabire will find solace with a southern rhino 11 years her senior.

Another northern white — Nesari — died here in her sleep in May at age 39, further reducing the world's dwindling population of the critically endangered animal.

To help her cope with the loss of Nesari, keepers have decided to team up 27-year-old Nabire with a new partner, 38-year-old male Natal. Natal is a southern white, another rhino subspecies.

They were seen snuggling, lazing in the sun and eating and sleeping in their enclosure late last week.

With rhino horns considered a cure for everything from colds and fevers to high blood pressure, impotence and other ailments, poachers have decimated rhino populations in Africa and elsewhere.

The northern white rhino is the most highly endangered mega-vertebrate on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Count your silverware if he stops by

An 11-year-old boy in Brazil's northeastern city of Mossoro is drawing attention with his purportedly magnet-like qualities.

The Globo TV network has broadcast images of Paulo David Amorim demonstrating how forks, knives, scissors, cooking pans, cameras and other metal objects seem drawn to his body and remain stuck on his chest, stomach and back.

The boy's father told Globo that he decided to test his son after learning of a boy in Croatia with a similar ability. Junior Amorim said he was surprised to find "a fork and knife stuck to his body."

The youth said classmates call him "magnet boy."

Dr. Dix-Sept Rosado Sobrinho told Globo it is the first time in his 30-year career that he has seen a case like this.

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Harry's spell lingers on

An academic weighs in on the Potter cult

Thousands of Harry Potter fans are camped out at London's Trafalgar Square last week for a chance to see the premiere of the final Harry Potter movie. How did a book character manage to get such a following? Metro spoke with Michael Drout, Professor of English at Wheaton College and an expert on fantasy literature.

The Narnia series and the Lord of the Rings are excellent books. What makes people go gaga over Harry Potter?
Fantasy has become popular anyway, but the drawback with Tolkien and C.S. Lewis is that they take themselves too seriously. The fate of the universe is always at stake. J.K. Rowling took fantasy and inserted humour. She's also very good at creating characters. Her characters are not the cardboard characters you usually get in fantasy.

But why do people relate to Harry Potter?
He's literally a Cinderella story, and he taps into the idea that anyone can be the most important person in the universe. He's also moral compass of sorts: he's loyal and he knows what's right and wrong. And like all fantasy, the Harry Potter books put readers into a position where they can change the world. Also, Rowling doesn't get enough credit for being a decent writer. METRO

COURTESY WARNER BROS. P

▶ "Harry Potter has been a force for good," says Professor Michael Drout. "He has gotten young people reading and thinking about good and evil."

Here's what's changed since The Sorcerer's Stone

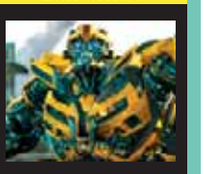
	Then	Now
THE PLOT	A young boy discovers a world of magic at Hogwarts, his eyes wide and full of wonder—until the dark lord Voldemort returns to take revenge. "Stone" was directed by the kid-friendly Chris "Home Alone" Columbus.	All out war. Harry must now defend Hogwarts and everyone good from old Voldie. The final installments were directed by David Yates, known for adult dramas.
THE MENTOR	Professor Dumbledore was originally played by Richard Harris, who died in 2002 after filming the second "Potter" film.	Michael Gambon inherits Dumbledore's beard. Later, author J.K. Rowling reveals the character is gay.
SEX!	None in the first film. Unless you count Hagrid's love of animals.	Ron and Hermione enjoy a full-on snog. And the final scene—spoiler alert! —should prove they had intercourse. Harry, too. Not all together.
THE NEMESIS	Voldemort is seen only briefly in the first film, growing out of the head of Professor Quirrell in a surprise ending.	Voldemort (played by Ralph Fiennes) is not shy anymore. Who can blame him, with those good looks.
THE WORLDWIDE BOX OFFICE	$974,775,550 for "Harry Potter and the Sorcerer's Stone"	$6,369,976,303 for the first seven movies combined

THE CAST then and now

Daniel Radcliffe (Harry Potter)		Emma Watson (Hermione Granger)		Rupert Grint (Ron Weasley)	
11 years old	21 years old	11 years old	21 years old	11 years old	22 years old

2 scene

Box office



According to studio estimates yesterday, Transformers: Dark of the Moon held the No. 1 spot again with $47 million domestically in its second weekend. The Paramount Pictures blockbuster raised its total to $261 million, shooting past The Hangover Part II to become the year's biggest domestic hit.
THE ASSOCIATED PRESS

Rick Rubin credits Adele's success to honest lyrics, talks about next Chili Peppers record

Bringing sexy back for Biel

Rumour has it this very pretty pair are giving it another shot

While he's been making headlines with several famous beauties including Scarlett Johansson and Olivia Wilde since breaking up with Jessica Biel, Justin Timberlake reportedly isn't over his ex.

And sources tell Us Weekly that the pair, who split up after four years in March, are quietly giving their relationship another go. "They have been talking the whole time and decided to give it another shot," a source says. "Jessica really wanted to get back together with him and Justin realized single life is not what it's cracked up to be."

METRO

ALL PHOTOS GETTY IMAGES

▶ Jessica Biel and Justin Timberlake dated for four years.

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Celebrity tweets

@lindsaylohan

"is anyone else excited to see Horrible Bosses? coz i can't wait!!"

@CarrieFFisher

"I now follow @simonpegg everywhere he goes- I want you to know there's no funny stuff between us. He's a married man with children."

@charliesheen

"Heading to the Insane Clown Posse's 12th Annual Gathering Of The Juggalos!! 8/13/11 WHY..? Cause I'm down with the clown. Whoop!! Whoop!!"

@JuddApatow

"Behind the music Missy Elliot. So good. Get yer freak on."

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Two speedy meals

The authors of the cookbooks Time for Dinner and The Sneaky Chef provide three recipes to feed your family... naturally Skip the fast food and feel good about these choices

#1. Please-Everyone Pizzas

4 portions
Prep time: 15 min.
Total time: 45 min

From Time for Dinner by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Take orders from the kids before the food goes in the oven and you minimize potential tableside protests. By changing toppings every few inches, this faster-than-Domino's version becomes a meal kids and adults can get excited about. Why not just order takeout? Because you're giving them a wholesome, healthy version of their favourite.

Ingredients:

- 2 tablespoons olive oil
- 1 sprinkle flour
- 1 12-to-16-ounce ball prepared pizza dough
- 1 small onion, chopped
- 1 large zucchini, shredded
- Salt and pepper
- 1 cup marinara sauce
- 1 ball fresh mozzarella, sliced into thin rounds

Preparation:

1. Preheat oven to 400 degrees F.
2. Brush half of the olive oil onto a large backing sheet and sprinkle it with flour.
3. Stretch the pizza dough into a 15-by-8-inch rectangle.
4. Sauté the onion and zucchini in the remaining olive oil until softened. Season with the salt and pepper.
5. Top part of the dough with the marinara sauce and fresh mozzarella, and part of it with your zucchini topping.
6. Bake pie until crust has browned and the cheese has melted, 25 to 30 minutes. Slice and serve.

#2. Masterful Mac 'n' Cheese

4 portions
Prep time: 20 min.
Total time: 35 min

From The Sneaky Chef by Missy Chase Lapine

Ingredients:

- 1/2 pound macaroni
- 1 1/2 cups milk
- 1/4 to 1/2 cup White Puree (see below)
- 1/2 teaspoon salt
- 2 cups grated low-fat Colby or cheddar cheese

Preparation:

1. Preheat oven to 375 degrees F. Butter a 9-inch square baking pan.
2. Bring pot of salted water to boil over high heat. Add macaroni and cook according to the package directions, until firm and slightly undercooked. Drain; set aside.
3. In bowl, whisk milk with the White Puree and salt.
4. Put half of macaroni into baking pan and top with half the cheddar (or Colby) cheese. Then layer with the rest of the macaroni, and pour milk mix over the top, finishing with the last of the cheese on top.

White Puree

- 2 cups cauliflower florets
- 2 medium zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water

Steam cauliflower in steamer over 2 inches of water, using tightly-covered pot, for 12 mins.

Pulse raw peeled zucchini with lemon juice. Drain cooked cauliflower. Add it to pulsed zucchini in bowl of food processor with two tbsp of water. Puree until smooth. Stop occasionally and push contents from top to bottom. If necessary, add rest of water to make smooth puree.

3 life

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A unique salad combo

Combining corn, tomato and melon may sound a little strange, but — when done right — it can be delicious The flavours balance each other

For Nate Appleman, a great salad is about creating balance. "That balance changes throughout the year and usually depends on what is in season and the weather outside," said Appleman, a star of Food Network's The Next Iron Chef and chef for Chipotle Mexican Grill.

His inspiration starts when shopping. "I pick one central ingredient and build from there, keeping in mind a balance of crisp, sweet, salty, and sour," he said.

Here he offers a salad of tomatoes, raw corn and cantaloupe dressed with a jalapeno vinaigrette.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This salad takes 30 minutes to make and serves six.

Preparation:

1. Dressing: In blender, combine olive oil, vinegar, jalapeno and oregano. Purée until mostly smooth. Season with salt, then set aside.
2. To assemble, first stand each ear of corn on cutting board on wide end. Use knife to saw down cobs to remove kernels.
3. In large bowl, gently toss together corn kernels, tomatoes, cantaloupe, radishes, cucumber and red onion. Drizzle dressing over salad, then toss again to coat evenly. Crumble feta cheese over salad.

THE ASSOCIATED PRESS

Ingredients:

Dressing

- 125 ml (1/2 cup) extra-virgin olive oil
- 50 ml (1/4 cup) red wine vinegar
- 2 jalapeno peppers (for less heat remove seeds)
- 10 ml (2 tsp) dried oregano
- Salt

Salad

- 2 ears corn
- 2 large tomatoes, cut into chunks
- 1 small cantaloupe, halved, seeded and scooped with a melon baller
- 1 bunch of radishes, sliced as thinly as possible
- 1 medium cucumber, peeled and halved, then seeded and sliced as thinly as possible
- 1 medium red onion, halved and sliced as thinly as possible
- 250 g (8 oz) feta cheese

Rose Reisman's Swap It

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Getting back to nature

For 50 words or less, you could find yourself on a dream trip for two

BEN KNIGHT
LIFE@METRONEWS.CA

Imagine if 50 words on Facebook could turn into the Canadian wilderness trip of a lifetime.

Imagine no more. In honour of Parks Canada's 100th birthday, the Canadian Parks and Wilderness Society (CPAWS) has launched the Parks Dream Contest: What's on your Bucket List?

"We launched the contest to help Canadians learn about the amazing opportunities that are offered in our National Parks," says Holly Postelthwaite, national PR coordinator for CPAWS.

"We are really trying to reach the young, urban Facebook crowd, and make them realize the amazing experiences that are waiting for them in Canada's wilderness."

You certainly don't have to be young or urban to enter — but you do need to be on Facebook.

"You just sign in with your Facebook account, and then in 50 words or less, share a dream experience you wish to have — or have already had — in one of Canada's National Parks."

The grand prize is spectacular — a $10,000 dream trip for two to the Nahanni, courtesy of Nahanni River Adventures — will all air fare and accommodations included.

And if the word 'Nahanni' conjures up images of thundering, dangerous white water and that's not what you're into — fear not.

"You don't have to be an expert canoeist," she adds.

Other prizes include Mountain Equipment Co-op shopping sprees and gift cards — plus year-long passes to all the National Parks. Enter the contest right now at parkdreams.ca

PHOTO COURTESY NEWFOUNDLAND AND LABRADOR TOURISM

▶ The massive, fjord-like canyons of Gros Morne National Park in Newfoundland and Labrador are one of the great sights in Canada. The park is one of three in that province

Nearby nature

Where you can get back to nature without going too far.

Destination Just across the Georgia Strait, Gulf Islands Natural Park Reserve is one of Canada's newest – and most breathtaking – national parks. Scattered over 15 larger islands – some populated, some hauntingly remote – it's ideal for hiking, cycling, kayaking, diving or whale watching.

THE DANGER OF NORWEX CLEANING PRODUCTS

I recently went to a Norwex party and was wondering if you had an opinion about Norwex microfiber cloths? *Laurel of Coquitlam, B.C.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

There is an up- and downside to microfiber cloth products. The upside: they only need water to clean streaks, smudges, dirt and grime on glass, mirrors and stainless steel surfaces. They are also easily washed and reused. Good quality cloths last several years.

The downside: they are made from petrochemicals. The polyester and polyamide fabric strands are 100 times finer than human hair.

That's what makes them so good at lifting dirt, grease and dust without cleaning chemicals. Problem is, they are made from a nonrenewable resource and do not biodegrade. I don't believe they are recyclable either.

Points for reducing the use of toxic chemical cleaners and eliminating the need for paper towels; strikes against for being made of petroleum-based products and for never going back to the Earth.

Ultimately, it's up to you. One cloth may be a great addition to your cleaning arsenal but don't forget you can also wash and reuse rags (from old t-shirts, sheets, etc.) or newspaper which can then be composted.

David Suzuki Foundation

Extreme coupon cutters spreading the good word

The women sat expectantly as Monica Knight told them she once routinely spent $600 US a month on groceries for her family of four.

Breaking into a broad smile, Knight says that figure has been reduced to only $100 to $150 a month.

And now the dental hygienist and mother of two is about to tell them her secret.

The women lean forward in their seats. They're the latest disciples of extreme couponing; women who carry pictures of their overflowing pantries on their cellphones; savvy shoppers who will spend hours flipping through newspaper and magazine advertisements in search of their bargains, and homemakers who have pinched pennies to put food on the table during the recession and need the extra help.

Most have watched the television series Extreme Couponing, which debuted on TLC in April and follows shoppers whose intense devotion to finding bargains can whittle a $555.44 grocery store bill down to $5.97, to cite one extreme example.

Heather Border, a 36-year-old mother of four in rural Idaho, is a new to the extreme coupon phenomenon. But she was hooked a few weeks ago, after coupons and store deals brought her $180 grocery bill down to $40.

"I was feeling a little conspicuous because people were staring at me," Border said.

"Then, I felt a rush."

She was among about 20 women who attended an extreme coupon class on a recent Saturday in Boise. The three-hour course was taught by Knight and her business partner, Cathy Yoder. They own the extreme couponing blog, Fabulessly Frugal.

They instruct their students to be kind to their cashiers.

They also encourage them to stockpile food to help their families, but caution against "hoarding" or clearing shelves of items that their families don't need or won't use.

THE ASSOCIATED PRESS

Don't let your thumbs get in the way of a bright career

Watch your email etiquette, career experts warn

DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONEWS.CA

In the age of auto-spell check, it's tempting to thumb out double-time memos with no regard for the art of spelling. Still, career counsellors warn, your lack of SMS politeness could carry a cost.

"People are starting to move away from emails and are losing the art of putting together a complete couple of sentences," career coach Sue Thompson bemoans.

"But you need to consider to whom are you writing."

"It's all about building rapport," concurs Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" — then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online — and especially online — because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload of web 3.0 abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says. And they'll likely place a greater importance on spelling, she adds.

"Some people will really consider your spelling, whether you know the difference between your and you're and its and it's," she says.

"Just respect the person to whom you're writing. That's what etiquette is."

Get to the point

- Don't get so lost in digital decorum that you never get to the point, cautions Shirin Khamisa, founder of Careers By Design. "Be very clear about action steps," she advises. "Keep those in the top of the email so they don't get lost. Put them in the subject line. Present things the way you'd want them presented to you."
- **Put a face to a name**
  If a picture's worth 1,000 words, then a low-resolution headshot can't hurt, Khamisa offers. "Attach a small photo in your signature," she says. "The next time you meet, you'll notice a difference in how you're received."

ISTOCK

▶ Always make sure to check your emails for spelling mistakes. Heck, use a magnifying glass if you need it.

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Man of action has Heaps of 'passion'

Still going strong at 69, entrepreneur Frank Heaps has had his hand in beer, vodka and property development

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"I'm not good at sitting on beaches," Frank Heaps tells me from his Toronto office. "I'm going to develop them."

I learn that they are not idle words. Frank Heaps is a man of action and at the age of 69, his entrepreneurial spirit is still driving him forward.

Heaps pioneered the micro-brewing craze in Canada when he started Upper Canada Brewing Company in 1984.

"I quit my job, put a mortgage on the family home, wrote a business plan, raised capital and then struggled like hell for five years until it caught fire."

Heaps sold the successful brewery 10 years later and thought about retirement.

"I tried watercolour, golf, bagpipe lessons, pottery classes — nothing appealed to me."

It was back to the beach and Heaps began developing a waterfront property in St. Lucia. He is also the current president of Iceberg Vodka in Canada.

"You've got to have passion. You also have to motivate yourself because if you can't do that, you're not going to motivate the people around you."

HANDOUT

▶ Among other things, Frank Heaps is the current president of Iceberg Vodka in Canada.

Beer, vodka and offshore property development. I can hardly wait to see what Frank Heaps does next.

Heaps of advice

Frank Heaps on starting a new business

- Find something you're passionate about.
- Check out the competition.
- Do your research. Then write a spectacular business plan.
- Demonstrate to yourself and other people that you know what you're talking about.
- Get ready for a challenging ride.

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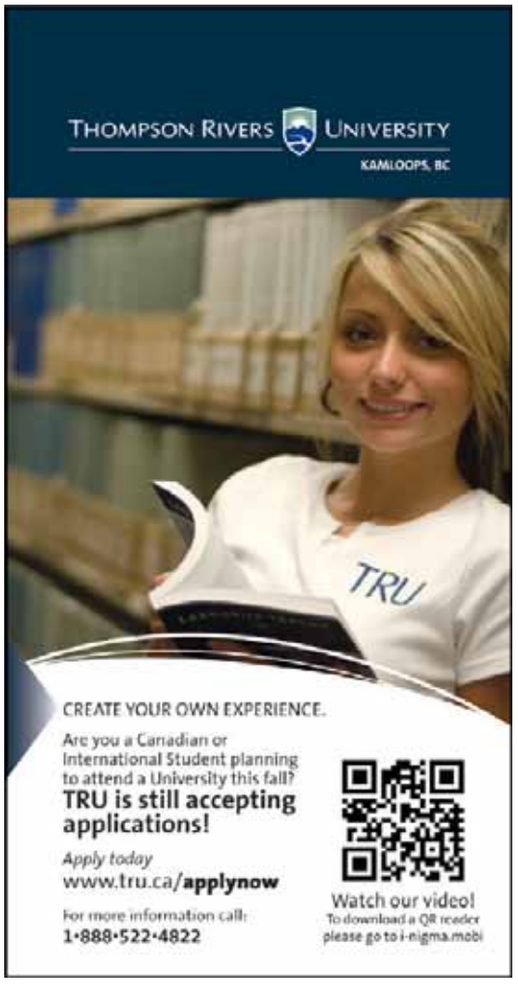
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Sunshine-depraved? Welcome to the club

It's summer and eerily quiet in the office. Your cubicle neighbour took off to the cottage and is sure to return relaxed and a full shade darker while you remain the same — pasty and kind of sickly looking.

You stare wistfully out the window and wish you could be out enjoying the sun. To keep motivated this summer when you're cooped up indoors, here are some helpful tips:

Colourful clothing
Now is the time to bust out your pinks, yellows, and brilliant blues. How you dress can determine how you feel and heighten your mood.

Just be sure to stick with your company's dress code and be tasteful (aka no flip flops or shorts).

Brighten someone's day.
Bake cookies for your fellow sunshine-deprived colleagues. It will be the perfect pick-me-up for long afternoons and may even start a trend of sharing homemade goodies around the office for the summer.

You can also make someone smile overseas. By sponsoring a child with a charity like Christian Children's Fund of Canada (ccfcanada.ca), you can show a child in need that you care.

Ask for flexible hours
See if your employer will let you come in to work earlier so you can leave earlier and enjoy the summer weather. Or ask to work longer hours during the week so you can have Friday afternoons off.

Get out there.
Pick a parking spot further away from the front doors so you'll spend more time walking outside. At lunch, go out with colleagues or picnic on the grass.

Try to schedule meetings outside or at a nearby park if possible.

Be thankful
Though it's no fun to be staring at a computer when it seems that everyone is out soaking up the sun, remember that the job market is tough and being employed is worth celebrating. Besides, you can save up your vacation days and enjoy time off during non-peak seasons — meaning less crowds and less cost.

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It's July already; Do you have a job?

Youth-focused centres help unemployed battle the summer job blues ◆ Plenty of opportunities there for the taking

School's out, summer's here and the living should be easy. But for some young people there's a perplexing reality that gnaws at the pit of their stomachs — they're jobless, and it's already July.

Laura McEwan is one of those desperately seeking summer employment.

The 17-year-old has been hunting for over a month but has been turned away by employers who say they've already completed their summer hiring or have an abundance of more experienced applicants.

"It's really frustrating not knowing where to go from here and to keep trying to stay positive," said McEwan.

The warmer months can come to resemble a ticking time bomb for those who haven't been able to lock down a summer gig. The latest youth employment numbers don't offer much solace — despite the overall unemployment rate falling to its lowest level in May, the jobless rate for those aged 15 to 24 was 13.9 per cent.

Nonetheless, a few youth-centric organizations are trying to ease the job anxiety.

Youth Employment Services is where McEwan sought help. The Toronto-based non-profit offers job counselling, training and work placement opportunities as well as a special summer job service.

The organization's key pointer when it comes to summer employment? Start early.

"A young person has to be very dedicated. They should be looking for their job back in May. A lot of people don't think of doing that," said president Nancy Schaefer.

"The common complaint is 'where's the job?'"

Schaefer explained that many youth who use employment assistance services quickly learn just how proactive they need to be when it comes to the job hunt. Many employers advertise well before April and there are even those that recruit in late fall.

But for those late bloomers still hoping for work this summer, Schaefer offers some encouragement.

"We would never tell a young person that it's hopeless," she said, adding that those who aren't picky can typically find some sort of short-term seasonal work if they look hard enough.

For those with a certain amount of drive, the organization even helps young entrepreneurs start their own summer business.

"Young people don't know that there are services available in their communities," said Schaefer.

"If they've taken that step to reach out and get help, then we reward them."

Calgary's Youth Employment Centre offers similar services and has already dealt with many lamenting a lack of desirable employment — a complaint that's countered with the argument that "any job is a good job."

"It gives you skills, transferable skills that you can use in any workplace," said Leita Blasetti, the centre's community relations liaison, who adds that youth could enrich their experience by volunteering or taking on extra responsibility.

"Make the most of it, get a good reference and a good experience out of it." While helping youth target their resumes and polish their interview style, the centre also reminds young people that jobs outside their target area could end up being a great experience.

"They may not get the ideal job," said Blasetti. "But that's why you have summer jobs, so you can try something out."

THE CANADIAN PRESS

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HANDOUT

▶ University of British Columbia career educator Angela Pau gives a student feedback on their resumé and cover letter at a resumé clinic.

If all else fails ...

- If a young person just isn't able to land a job this summer, the University of British Columbia's Career Services office has some advice.
- "Create great professional stories," said John Horn, the centre's associate director of career development.
- Whether it's a volunteer experience, or a travel opportunity, Horn advises developing a collection of narratives that help build credibility as a well-rounded professional.
- Those stories can find a place on a resumé or in a job interview and could help rank one applicant higher than another.
- "Going out and trying things is really important," said Horn. "Just because you're doing something that's not directly related to your degree doesn't mean you can't still build that professional story throughout the summer."

4 sports

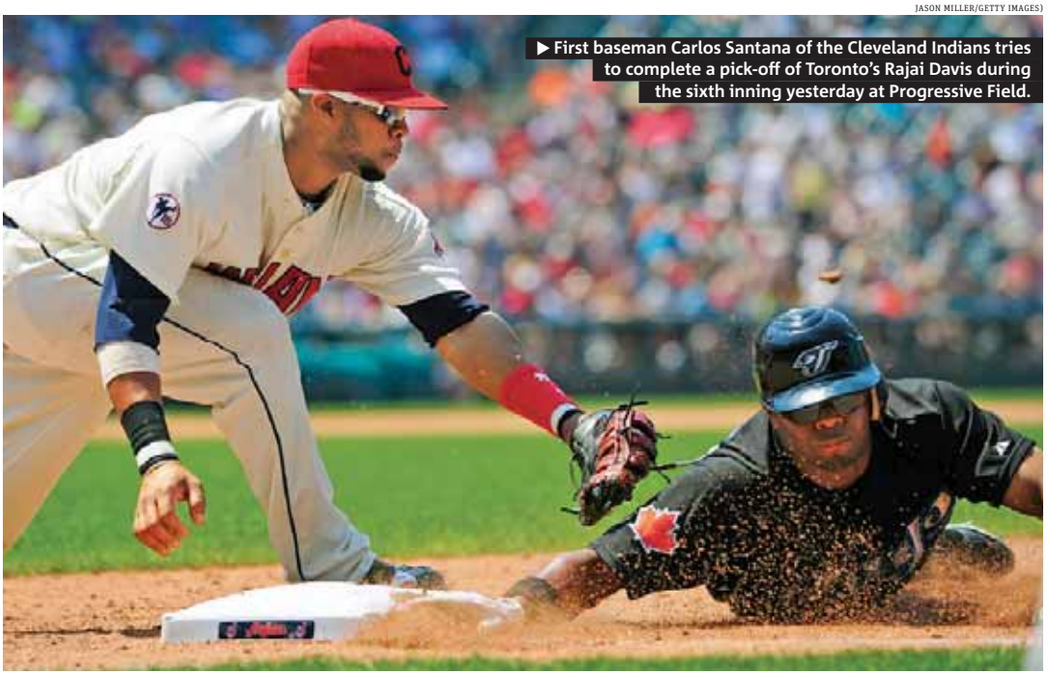
Quoted

"I can't fault our group because we have so many young guys playing with so many veterans out."
VANCOUVER COACH TOM SOEHN AFTER THE COLORADO RAPIDS ENDED A FOUR-GAME WINLESS STREAK WITH A 2-1 WIN OVER HIS WHITECAPS ON SATURDAY NIGHT.

"We got punished for their goals, but I think we are getting close and just need to keep plugging away."
SOEHN

Scan code for more sports.

JASON MILLER/GETTY IMAGES)



▶ First baseman Carlos Santana of the Cleveland Indians tries to complete a pick-off of Toronto's Rajai Davis during the sixth inning yesterday at Progressive Field.

Jays head to break as winners of 3 straight

- Toronto recovers from tough Thursday loss to pound Indians pitching
- Bautista, Romero and manager John Farrell going to all-star game

Three days after hitting their low point of the season, the Toronto Blue Jays are flying high going into the all-star break.

Jose Bautista's two-run double and six strong innings from Brett Cecil led Toronto to a 7-1 win over the Cleveland Indians yesterday. The Blue Jays took the last three games of the series after suffering a crushing 5-4 defeat in the opener on Thursday in which they blew a four-run lead and lost on Travis Hafner's walkoff grand slam.

Blue Jays manager John Farrell isn't surprised his team rebounded from a loss that would have sent many clubs into a prolonged tailspin.

"We have the ability to put behind us what the previous day was, whether it was positive or negative," he said. "It speaks to the resiliency of this team and the attitude they carry on to the field."

The Blue Jays, who had 48 hits in the series, outslugged the Indians for an 11-7 win Friday. Bautista's 10th-inning home run gave Toronto a 5-4 victory Saturday and a five-run third inning, highlighted by rookie Eric Thames' two-run homer, sparked yesterday's win.

Cecil (2-4) gave up one unearned run over six innings for his first win in three starts since being recalled from the minors June 30.

Toronto moved within two games of .500 and have Bautista going to the all-star game as baseball's home run leader with 31 — along with 65 RBIs and a .334 average. THE ASSOCIATED PRESS

Romero an all-star

- Blue Jays starting pitcher Ricky Romero was named yesterday as a replacement on the AL squad in tomorrow's all-star game.
- The left-hander replaces Jon Lester of the Boston Red Sox, who is on the disabled list.
- Romero, 26, is an all-star for the first time. He's 7-8 with a 3.09 earned-run average and 101 strikeouts in his 18 starts this season. He has three complete games, including one shutout.

Franchitti comes out on top of the heap

Dario Franchitti survived a crash-filled race to win his third Honda Indy Toronto title yesterday.

The Scottish driver held off Graham Rahal on a late restart, then beat teammate Scott Dixon on the 1.75-mile temporary street course at Exhibition Place while Ryan Hunter-Reay finished third.

Franchitti increased his lead atop the IZOD IndyCar points standings to 353, 55 more than rival Will Power. It was Franchitti's 30th career win, and his fourth of the season.

Franchitti got a lucky break when his collision with Power knocked the defending champion out of contention on the race's 25th anniversary.

As he chased Power into a corner on the 57th lap, Franchitti nudged Power into a spin that stalled the pole-sitter's car. Power had to try to recover from 18th. Race officials later said the incident had been reviewed and no penalty had been handed out.

"I'm always racing clean, he's always racing dirty." Power told the Versus network during the race. "He never gets a penalty from IndyCar. Just not right."

Toronto's James Hinchcliffe finished 14th, while Paul Tracy managed a 16th-place finish before the hometown crowd.

Alex Tagliani of Lachenaie, Que., was launched into the air and out of the race after Danica Patrick was pushed into his car on the 72nd lap. THE CANADIAN PRESS

NFL resolves big issues: Sources

A rookie wage scale and free agency for veterans appear to be the biggest stumbling blocks to ending the NFL lockout.

Several sources requesting anonymity tell The Associated Press issues such as splitting total revenues — the major reason for the dispute — the salary cap, fewer off-season workouts and the length of a new collective bargaining agreement are close to being completed.

Owners and players will meet again this week after two days of negotiations last week. The sticky topics include limits on rookie salaries and signing bonuses. Another is the number of transition tags for free agents, with right of first refusal. THE ASSOCIATED PRESS

$78M NFL owners have long sought to restrict huge bonuses paid to unproven rookies. Quarterback Sam Bradford, the 2010 top pick, signed a six-year, $78-million US contract including a record $50 million in guaranteed money.

Sports in brief

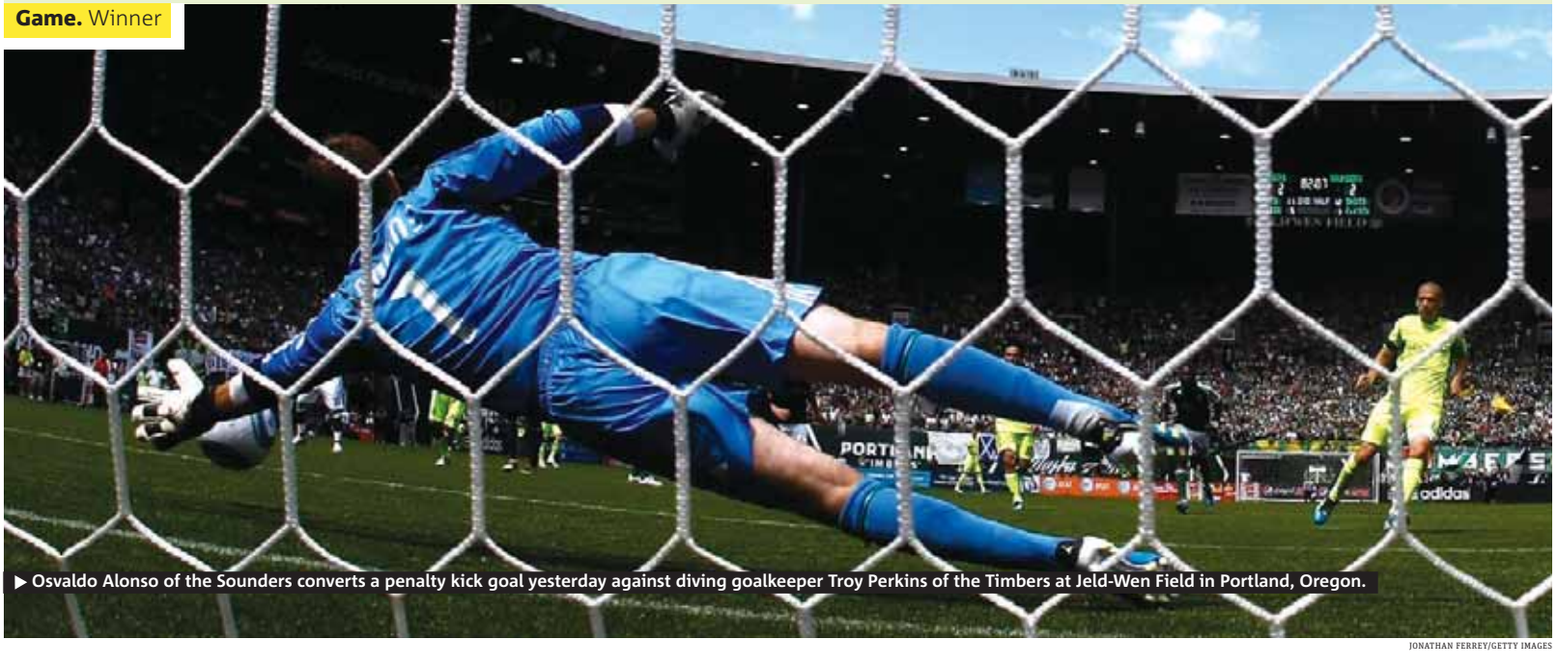
Canadians row away with gold

ROWING. Tracy Cameron of Shubenacadie, N.S., and Victoria's Lindsay Jennerich captured the women's lightweight doubles gold medal yesterday at the World Rowing Cup in Lucerne, Switzerland. THE CANADIAN PRESS

U.S. moves on in cup classic

WOMEN'S WORLD CUP. Abby Wambach scored a thrilling goal to level the game at 2-2 in the 122nd minute and the Americans are moving on to the semifinals after beating Brazil on penalty kicks in one of the most exciting games ever at the Women's World Cup. THE ASSOCIATED PRESS

Game. Winner



▶ Osvaldo Alonso of the Sounders converts a penalty kick goal yesterday against diving goalkeeper Troy Perkins of the Timbers at Jeld-Wen Field in Portland, Oregon.

JONATHAN FERREY/GETTY IMAGES

Sounders fell Timbers in Cascadia Cup game

Fredy Montero scored two goals and Osvaldo Alonso added another on a penalty kick to give the Seattle Sounders FC a 3-2 victory over the Portland Timbers yesterday in the second match between the two Major League Soccer rivals. The teams played to a 1-1 draw at Qwest Field back in May when they met in the season's first game of the so-called Cascadia Cup rivalry, a competition created by fans in 2004 and contested by the three MLS clubs in the Pacific Northwest, the Sounders, Timbers and the Vancouver Whitecaps. A sellout crowd of 16,627 attended the match.

Car hits rider at Tour

Spain's Luis Leon Sanchez won the ninth stage of the Tour de France on a wild day of crashes while France's Thomas Voeckler finished second to take the overall lead from Norway's Thor Hushovd.

The day was marred by crashes, a common occurrence in this year's tour.

A Tour car following a five-man breakaway group struck Spain's Juan Antonio Flecha, who took down Dutchman Johnny Hoogerland with him as he flew sideways off his saddle. Hoogerland came close to landing in a barbed-wire fence. Both riders got up and kept riding. Organizers said they have excluded the car that caused the crash from the rest of the race.

The three remaining riders contested the sprint for the stage win.

Veteran Kazakh rider Alexandre Vinokourov fractured his right thigh bone in an about 30-rider crash and was among a number of riders to withdraw yesterday.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

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EAST DIVISION

	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Saturday's results
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 4 Minnesota 3
Toronto 5, Cleveland 4 (10 inn.)
Boston 4 Baltimore 0
Kansas City 13 Detroit 6
Texas 7 Oakland 6
L.A. Angels 9 Seattle 3
Tomorrow's game
All-Star Game at Phoenix, AZ, 8:05 p.m.

ALL TIMES EDT

EAST DIVISION

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
L.A. Dodgers 4 San Diego 1
San Francisco 4 N.Y. Mets 2
Saturday's results
Atlanta 4 Philadelphia 1 (11 inn.)
L.A. Dodgers 1 San Diego 0
Chicago Cubs 6 Pittsburgh 3
Colorado 2 Washington 1
Cincinnati 8 Milwaukee 4 (10 inn.)
Florida 6 Houston 1
St. Louis 7 Arizona 6
San Francisco 3 N.Y. Mets 1

BLUE JAYS 7, INDIANS 1

Toronto	ab	r	h	bi	Cleveland	ab	r	h	bi
YEscor ss	5	1	1	0	Brantly lf	4	0	1	0
EThms dh	5	2	3	2	OCarer ss	5	0	0	0
Bautist 3b	4	1	2	2	Hafner dh	4	0	0	0
JMcDnl 3b	1	0	0	0	CSantn 1b	3	0	2	0
Lind 1b	5	0	0	0	GSizmr cf	5	1	1	0
A.Hill 2b	4	0	0	0	Kearns rf	4	0	1	0
Snider lf	3	1	1	0	Marson c	3	0	1	0
Arencii c	3	1	2	1	Valuen 2b	4	0	1	0
CPttrsn rf	4	0	1	2	Hannhn 3b	3	0	1	1
RDavis cf	4	1	1	0					
Totals	**38**	**7**	**11**	**7**	**Totals**		**35**	**1**	**8**	**1**
Toronto					**005**	**002**	**000**	**7**	
Cleveland					**000**	**001**	**000**	**1**	

E—Lind (4). DP—Toronto 1. LOB—Toronto 7, Cleveland 13. 2B—Bautista (15), Snider (10), C.Patterson (16), Marson (5). HR—E.Thames (4).

Toronto	IP	H	R	ER	BB	SO
Cecil W,2-4	6	6	1	0	3	6
L.Perez	2	1	0	0	2	2
Frasor	1	1	0	0	1	1
Cleveland						
C.Carrasco L,8-6	3	7	5	5	2	4
Herrmann	2	1	0	0	0	1
R.Perez	1	3	2	2	0	2
J.Smith	1	0	0	0	1	1
Pestano	1	0	0	0	0	3
Sipp	1	0	0	0	0	2

WP—C.Carrasco, R.Perez. Balk—R.Perez. Umpires—Home, Doug Eddings; First, Dana DeMuth; Second, Kerwin Danley; Third, Vic Carapazza.
T—3:04. A—21,148 (43,441) at Cleveland.

CFL

WEEK 2

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Saturday's results
Edmonton 28 Hamilton 10
Montreal 39 Saskatchewan 25
Friday's results
Calgary 34 B.C. 32
Winnipeg 22 Toronto 16

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Foster, BC	2	0	0	0	12
Paredes, Cal	0	4	2	0	10
Bishop, Cal	1	0	0	0	6
Bowman, Edm	1	0	0	0	6
Boyd, Tor	1	0	0	0	6
Clermont, Sask	1	0	0	0	6
Durant, Sask	1	0	0	0	6
Edwards, Wpg	1	0	0	0	6
Hill, Sask	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
Joseph, Edm	1	0	0	0	6
Lemon, Tor	1	0	0	0	6
Lewis, Cal	1	0	0	0	6
Mann, Ham	1	0	0	0	6
Maypray, Mtl	1	0	0	0	6
Porter, Edm	1	0	0	0	6
Reid, Wpg	1	0	0	0	6
Reynolds, Cal	1	0	0	0	6
Rideau, Tor	1	0	0	0	6
Stala, Ham	1	0	0	0	6
Stamps, Edm	1	0	0	0	6
Suber, Wpg	1	0	0	0	6
Talley, Cal	1	0	0	0	6
Whitaker, Mtl	1	0	0	0	6
Maver, Cal	0	1	1	2	6
x-Cote, Cal	0	2	0	0	2

CYCLING

TOUR DE FRANCE

At Saint-Flour, France
Yesterday's results
1. Luis Leon Sanchez, Spain, Rabobank, five hours, 27 minutes, nine seconds; 2. Thomas Voeckler, France, Europcar, five seconds behind; 3. Sandy Casar, France, Francaise des Jeux, 0:13; 4. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 3:59; 5. Peter Velits, Slovakia, HTC-Highroad, same time; 6. Cadel Evans, Australia, BMC, s.t.; 7. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 8. Tony Martin, Germany, HTC-Highroad, s.t.; 9. Frank Schleck, Luxembourg, Leopard-Trek, s.t.; 10. Damiano Cunego, Italy, Lampre-ISD, s.t.
Also: 52. Ryder Hesjedal, Victoria, Garmin-Cervelo, 5:21 behind
Overall Standings
(after nine stages)
1. Thomas Voeckler, France, Europcar, 38 hours, 35 minutes, 11 seconds; 2. Luis Leon Sanchez, Spain, Rabobank, one minute, 49 seconds behind; 3. Cadel Evans, Australia, BMC, 2:26; 4. Frank Schleck, Luxembourg, Leopard-Trek, 2:29; 5. Andy Schleck, Luxembourg, Leopard-Trek, 2:37; 6. Tony Martin, Germany, HTC-Highroad, 2:38; 7. Peter Velits, Slovakia, HTC-Highroad, same time; 8. Andreas Kloeden, Germany, RadioShack, 2:43; 9. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 2:55; 10. Jakob Fuglsang, Denmark, Leopard-Trek, 3:08.
11. Ivan Basso, Italy, Liquigas-Cannondale, 3:36; 12. Damiano Cunego, Italy, 3:37; 13. Nicolas Roche, Ireland, AG2R La Mondial, 3:45; 14. Kevin De Weert, Belgium, Quick Steop, 3:47; 15. Robert Gesink, Netherlands, Rabobank, 4:01; 16. Alberto Contador, Spain, Saxo Bank Sungard, 4:07 **Also: 43. Ryder Hesjedal, Victoria, Garmin-Cervelo, 9:33.**

GOLF

PGA JOHN DEERE CLASSIC

At Silvis, Ill.
Par 71
Final Round

Steve Stricker, $810,000	66-64-63-69—262
Kyle Stanley, $486,000	65-67-65-66—263
Matt McQuillan, $261,000	**64-69-70-64—267**
Zach Johnson, $261,000	66-69-67-65—267
Charles Howell III, $171,000	66-68-70-64—268
Chez Reavie, $171,000	66-62-68-72—268
Cameron Percy, $145,125	66-67-67-69—269
Brendon de Jonge, $145,125	66-66-63-74—269
Briny Baird, $121,500	68-70-68-64—270
Brian Gay, $121,500	68-67-69-66—270
Cameron Tringale, $121,500	70-66-65-69—270
Sunghoon Kang, $85,500	72-65-68-66—271
Michael Putnam, $85,500	70-68-67-66—271
Kris Blanks, $85,500	63-71-70-67—271
Michael Thompson, $85,500	71-66-67-67—271
Davis Love III, $85,500	64-70-69-68—271
Aron Price, $85,500	69-66-67-69—271
Arjun Atwal, $60,750	67-66-70-69—272
Marco Dawson, $60,750	68-69-66-69—272
Charles Warren, $60,750	67-68-67-70—272
Dean Wilson, $60,750	69-65-67-71—272
Chris Kirk, $39,488	68-69-70-66—273
Kirk Triplett, $39,488	68-65-73-67—273
Andres Gonzales, $39,488	68-68-69-68—273
Brett Wetterich, $39,488	69-68-67-69—273
Michael Letzig, $39,488	70-65-68-70—273
Scott Stallings, $39,488	69-66-68-70—273
Todd Hamilton, $39,488	70-66-67-70—273
David Mathis, $39,488	68-65-69-71—273
Tim Petrovic, $26,156	69-69-69-67—274
Jason Bohn, $26,156	72-66-68-68—274
Troy Merritt, $26,156	68-68-69-69—274
Chris Couch, $26,156	70-65-69-70—274
Bryce Molder, $26,156	71-66-67-70—274
Woody Austin, $26,156	69-67-67-71—274
Will MacKenzie, $26,156	67-70-66-71—274
Mark Wilson, $26,156	65-67-68-74—274
Steven Bowditch, $18,450	67-68-72-68—275
Kent Jones, $18,450	70-68-69-68—275
Heath Slocum, $18,450	70-66-70-69—275
Ben Martin, $18,450	67-70-68-70—275
Jim Herman, $18,450	66-68-70-71—275
D.A. Points, $18,450	66-68-70-71—275
Shane Bertsch, $18,450	71-66-67-71—275
D.J. Trahan, $11,864	67-70-74-65—276
Alex Prugh, $11,864	69-68-72-67—276
Rod Pampling, $11,864	69-69-70-68—276
Frank Lickliter II, $11,864	68-70-69-69—276
Josh Teater, $11,864	66-70-70-70—276
Scott Piercy, $11,864	70-67-69-70—276
Craig Bowden, $11,864	67-70-69-70—276
John Mallinger, $11,864	68-65-70-73—276
Lee Janzen, $11,864	66-68-69-73—276
Cameron Beckman, $11,864	66-69-68-73—276
Brian Davis, $11,864	70-66-67-73—276
Chad Campbell, $10,170	67-69-70-71—277
Billy Mayfair, $10,170	67-66-72-72—277
J.J. Henry, $10,170	68-68-69-72—277
John Merrick, $9,990	67-71-67-73—278
Michael Connell, $9,720	69-66-73-71—279
James Driscoll, $9,720	71-67-70-71—279
Joe Ogilvie, $9,720	69-67-71-72—279
William McGirt, $9,720	67-67-71-74—279
Nathan Green, $9,720	69-64-69-77—279
Michael Sim, $9,360	67-70-70-74—281
John Rollins, $9,360	72-65-69-75—281
Steve Marino, $9,360	64-66-73-78—281
Jason Day, $9,090	67-69-75-71—282
Jhonattan Vegas, $9,090	68-64-75-75—282
David Hearn, $9,090	**67-69-71-75—282**
Chris Stroud, $8,865	69-64-76-74—283
Troy Matteson, $8,865	67-69-72-75—283
Duffy Waldorf, $8,730	67-69-73-76—285

U.S. WOMEN'S OPEN

At Colorado Springs, Colo.
Par 71
Third Round

Cristie Kerr	71-72-69—212
So Yeon Ryu	74-69-69—212
Angela Stanford	72-70-70—212
Hee Kyung Seo	72-73-68—213
Mika Miyazato	70-67-76—213
Inbee Park	71-73-70—214
Ai Miyazato	70-68-76—214
Karrie Webb	70-73-72—215
Paula Creamer	72-70-73—215
Lizette Salas	69-73-73—215
I.K. Kim	70-69-76—215
Candie Kung	76-69-71—216
Leta Lindley	73-71-72—216
Eun-Hee Ji	73-69-74—216
Wendy Ward	73-69-74—216
Ryann O'Toole	69-72-75—216
Yani Tseng	73-73-71—217
Chella Choi	71-76-70—217
Amy Yang	75-69-73—217
Junthima Gulyanamitta	73-76-68—217
Meena Lee	75-71-72—218
Morgan Pressel	75-72-71—218
Suzann Pettersen	71-75-72—218
Jiyai Shin	73-72-73—218
Sun Young Yoo	74-68-77—219
Alison Walshe	74-73-73—220
Catriona Matthew	76-70-74—220
Song Hee Kim	73-73-74—220
Jessica Korda	73-75-72—220
Beatriz Recari	76-72-72—220
Stacy Lewis	68-73-79—220
Mi-Jeong Jeon	72-73-76—221
a-Moriya Jutanugarn	76-69-76—221
Maria Hjorth	70-78-73—221
Se Ri Pak	74-70-77—221
Meaghan Francella	76-73-72—221
Sandra Gal	77-72-72—221
Mina Harigae	75-74-72—221
Karin Sjodin	74-73-75—222
Lindsey Wright	76-71-75—222
Shinobu Moromizato	76-72-74—222
Natalie Gulbis	73-75-74—222
Karen Stupples	72-77-73—222
Jean Chua	77-69-77—223
Sakura Yokomine	72-74-77—223
Mariajo Uribe	75-69-79—223
Jennifer Johnson	75-74-74—223
Brittany Lincicome	75-74-74—223
Sue Kim	**73-74-77—224**
a-Victoria Tanco	78-69-77—224
Lee-Anne Pace	75-72-77—224
Azahara Munoz	74-71-79—224
a-Lindy Duncan	70-78-76—224
Hee Young Park	73-71-80—224
Vicky Hurst	76-72-76—224
a-Danielle Kang	72-77-75—224
Soojin Yang	75-74-75—224
Becky Morgan	75-72-78—225
Yoo Kyeong Kim	74-74-77—225
Shanshan Feng	76-72-77—225
Bo Mee Lee	77-72-76—225
Jinyoung Pak	77-72-76—225
Gwladys Nocera	78-71-76—225
Danah Bordner	73-74-79—226
Harukyo Nomura	77-70-79—226
Sherri Steinhauer	72-76-78—226
Paola Moreno	73-76-77—226
a-Amy Anderson	69-77-81—227
Brittany Lang	72-74-81—227

TENNIS

DAVIS CUP

CANADA VS. ECUADOR

At Guayaquil, Ecuador
Yesterday's results
(Best-of-5 series tied 2-2)
Reverse Singles
Vasek Pospisil, Vernon, B.C., def. Julio-Cesar Campozano, Ecuador, 6-3, 6-4, 7-5.
Philip Bester, Vancouver, vs. Ivan Endara, Ecuador.
Saturdays' results
Doubles
Daniel Nestor, Toronto, and Vasek Pospisil, Vernon, B.C., def. Emilio Gomez and Roberto Quiroz, Ecuador, 7-6 (4), 6-4, 7-5.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	7	5	6	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	5	7	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
Chivas USA	19	5	7	7	24	23	22
San Jose	18	5	6	7	28	21	21
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Yesterday's result
Seattle 3 Portland 2
Saturday's results
Colorado 2 Vancouver 1
Houston 2 Toronto 0
Chivas USA 1 Kansas City 1
D.C. United 1 New York 0
Los Angeles 2 Chicago 1
Philadelphia 0 San Jose 0
Real Salt Lake 2 Dallas 0

2011 FIFA WOMEN'S WORLD CUP

SECOND ROUND
QUARTER-FINALS
Yesterday's results
At Augsburg, Germany
Sweden 3, Australia 1
At Dresden, Germany
Brazil 2, U.S. 2
(U.S. advances 5-3 on penalty kicks)
Wednesday's games
Semifinals
At Moenchengladbach, Germany
France vs. U.S., Noon
At Frankfurt
Japan vs. Sweden, 2:45 p.m.

2011 FIFA MEN'S UNDER-17 WORLD CUP

Yesterday's results
At Mexico City
Bronze Medal
Germany 4 Brazil 3
Gold Medal
Mexico 2 Uruguay 0

2011 COPA AMERICA

Yesterday's results
At Santa Fe
Colombia 2 Bolivia 0
Tonight's game
At Cordoba
Argentina vs. Costa Rica, 8:45 p.m.
Tonmorrow's games
At Mendoza
Chile vs. Peru, 8:45 p.m.
At La Plata
Uruguay vs. Mexico, 8:45 p.m.

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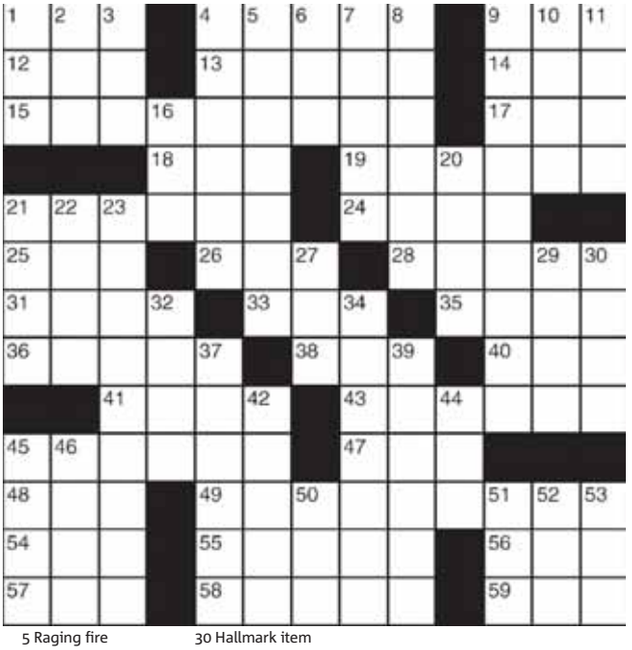
Crossword



Across

1 Letterman's network
4 Agreed
9 Make up your mind
12 Luau serving
13 Reserved
14 Actress Myrna
15 Prankster's shout
17 Bankbook abbr.
18 "Sprechen — Deutsch?"
19 Isn't honest with
21 Zero
24 Apple computer
25 Fuss
26 Explosive letters
28 Set of moral rules
31 Kittenish calls
33 Rowing need
35 Slugger Sammy
36 Hammerhead parts
38 Society newcomer
40 "— the fields we go"
41 Some reddish deer
43 Chopped down
45 Islamic decree (Var.)
47 Swiss canton
48 Past
49 Foul play
54 Twosome
55 Bay window
56 Genetic stuff
57 Moray, for one
58 Lipstick alternative
59 Morning moisture

Down

1 Tax pro, for short
2 Jazz style
3 Knight's address
4 Illinois city
5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"
30 Hallmark item
32 Winter forecast
34 Shows to be false
37 Veteran sailor
39 Emeralds, e.g.
42 Laverne's pal, familiarly
44 Back talk
45 Lose color
46 Chills and fever
50 City of Brazil, for short
51 Peculiar
52 Individual
53 Legislation

▶ Yesterday's answer

Sudoku

	7	8				6		
			5	4				1
2					6			4
		6	7		2		9	
	5			1			3	
	9		6		8	1		
7			3					2
5				6	9			
		3				4	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tanochie, Wishing you a very happy birthday today! 5 more weeks until we become one, and I can't wait! I love you today, more than yesterday, but not more than tomorrow!
FROM YOUR FUTURE HUSBAND LINNIE

Red&BlackCheckeredShirt Take care; fait attention. Personnes noire nous regardez. I am happy. I feel good. I am ok. I miss you. Goodnight. Big hug! xo
FROM YOURSHYGIRL

Someone needs a doctor Pls get yrself checked or stop playing with emotions - whichever is applicable. There r plenty of good docs out there. GO!
FROM FREE ADVICE,

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are advised to give your feelings free rein today.

♉ Taurus April 21-May 21 You are in two minds about how to deal with someone who has let you down.

♊ Gemini May 22-June 21 Be warned: if you fall out with important people it could cost you dear.

♋ Cancer June 22-July 22 Anyone who stands between you and your objective today is going to wish they had been a little less brave

♌ Leo July 23-Aug.23 You may feel sorry for a friend who is in trouble but they don't need your sympathy

♍ Virgo Aug. 24- Sept. 22 A partner or loved one has behaved badly towards you but you must not behave badly in return

♎ Libra Sept. 23-Oct. 23 The only way to get what you want today is to give a partner or colleague what they want first

♏ Scorpio Oct. 24-Nov. 22 Everyone will be impressed by your leadership qualities today

♐ Sagittarius Nov. 23-Dec. 21 Your financial situation may not be as healthy as you would wish but neither is it the end of the world

♑ Capricorn Dec. 22-Jan. 20 Affairs of the heart will take center stage

♒ Aquarius Jan. 21-Feb. 18 If you need to tackle problems of a financial nature now is the time to get serious about it

♓ Pisces Feb. 19-March 20. Few people have the courage to stand up to you, but that is not an invitation to trample on their feelings

Caption contest

SLAMET RIYADI/ THE ASSOCIATED PRESS

SHUJI KAJIYAMA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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GET MORE MONEY WHEN YOU SELL YOUR GOLD AND SILVER!

Diamonds *Buying 20 pt. and up*

We are particularly interested in larger diamonds of 1 carat and up.

Gold and silver prices are at all-time highs and this is a great opportunity to sell your gold, silver, platinum and palladium. Since 1967 J&M has always paid the highest price and we are still the highest paying buyers. We have won many awards and years ago the *Vancouver Sun* did a survey of the local gold buyers and we were the top buyer paying the best prices.

Why do other newcomer buyers offer 5%, 10% or 20% bonuses? Could it be because they are paying so little and have such large profit margins? It is frustrating to see people in our community being taken advantage of by glitzy advertising such as the TV commercials or road shows and home parties, etc..

Please note: All prices were based on gold @ U$1,428.68 and silver @ U$35.90 on March 9, 2011, the day when this ad was created and will certainly be higher or lower when you come in.

Gold Coins and Bars

1 oz. modern, sealed bars	$1,381.27
1 oz gold Maple Leaf	$1,390.22
1 oz. Krugerrand	$1,342.05
Sovereign	$314.29

Antique Jewellery

Silverware

Here's a direct, real comparison over two days of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	March 4 They Pay*	March 4 J&M Pays	March 7 They Pay*	March 7 J&M Pays
10kt scrap gold, per gram	$13.11	$14.47	$13.14	$14.69
14kt scrap gold, per gram	$18.35	$20.32	$18.40	$20.63
1 oz. Recognized Gold Bar	$1,260.00	$1,368.71	$1,260.00	$1,389.64
1 oz. Gold Maple Leaf Coin	$1,328.00	$1,377.59	$1,338.00	$1,398.65
Sterling Silver, per Gram	$0.60	$0.79	$0.61	$0.81
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.00	$18.05	$14.00	$18.55

** This includes the 5% bonus they offer.*

Silver Coins and Bars

1 oz. silver bar	$35.45
10 oz. silver bar	$355.51
100 oz. silver bar	$3,458.75
1 oz. silver Maple Leaf	$35.55

Watches

Rolex, Vacheron & Constantine, Patek Philipe, Breitling, Omega, Jaeger LeCoultre, Select Cartier, and many other high-end watches.

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$11.23
Canada 1967	$14.35
Canada 1966 and earlier	$18.40
USA 1964 and older	$22.34

Scrap Gold *Per gram*

10kt	$14.60
14kt	$20.51
18kt	$26.42

Voted #1 Jewellery Store in the 2011 *Readers Choice Awards*, Stars of Vancouver !

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